

Current PSM Well-being, Mental Health, & Suicide and Violence Prevention Research and E-Health Interventions



Dunedin Multidisciplinary Health & Development Research Unit
DMHORU

Department of Psychology
University of Otago

Youth2000 Survey Series

The Health and Wellbeing of New Zealand Secondary School Students in 2012

Self-harm and suicide research from the Dunedin Study and Youth 2012 Study
S. Nada-Raja, D. Coppersmith (Fulbright Fellow, Harvard University), A. Beautrais, T. Clark, T. Fleming, S. Denny
Funded by: HRC, Fulbright Fellowship

In collaboration with the University of Auckland and University of Canterbury



ONLINE WELL-BEING INTERVENTIONS

Aim of OWI-US

The longitudinal study known as the "Online Well-being Interventions - University Study (OWI-US)" is part of a larger programme of research on internet-based psychological therapies to reduce common mental health problems and improve well-being in our communities here in NZ.

The programme of research on internet-based psychological interventions is being conducted by staff from the Department of Psychology and Social Work at the University of Otago in collaboration with colleagues from Flinders and the United States of America.

The overall aim of the OWI-US study is to examine whether online psychological therapies are effective in promoting mental health and wellbeing amongst university students, especially amongst male students. We have undertaken the following pilot studies to date:

- 2011 - a feasibility study to determine the acceptability and accessibility of an online self-leader training program for Resilience Research Centre (RRC) to detect emotional distress in their peers and support their peers to obtain professional help.
- 2012 - a pilot randomised controlled trial and longitudinal study on student mental wellbeing, including testing the online self-leader training program from the 2011 study.
- 2013 - a follow-up study with a sample of 2012 study participants and a new sample of residential college students on their mental health and wellbeing. Preliminary findings from this study have been presented to the participants, generally Resilience College, Student Health Services and Vice-Chancellor with a view to encouraging greater support for student wellbeing on campus.
- 2014 - a comparison of student mental wellbeing between residential college and non-college students.

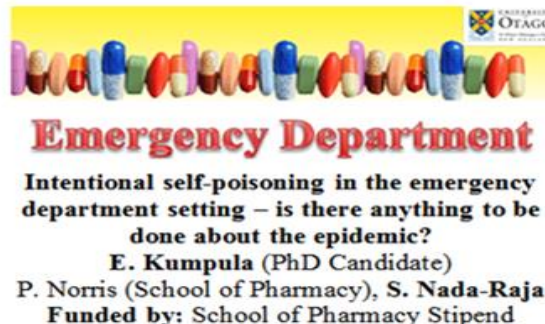
Online interventions in mental health and well-being for university students
S. Nada-Raja, P. Garbett, K. Fairweather-Schmidt (Flinders University), A. Gray



Positive Start Programme (PSP) for Otago Students

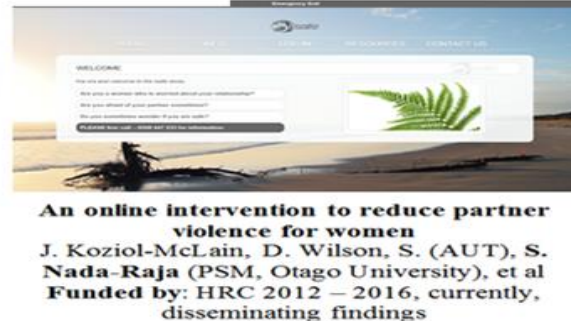
A Positive Start Intervention for University Students' Well-being

An intervention to promote mental health, well-being and academic success (pilot study)
S. Nada-Raja, D. Quinlan, & P. Garbett
Funded by: Vice Chancellor's Strategic Research Fund, 2017-2018



Emergency Department

Intentional self-poisoning in the emergency department setting – is there anything to be done about the epidemic?
E. Kumpula (PhD Candidate)
P. Norris (School of Pharmacy), S. Nada-Raja
Funded by: School of Pharmacy Stipend



An online intervention to reduce partner violence for women
J. Koziol-McLain, D. Wilson, S. (AUT), S. Nada-Raja (PSM, Otago University), et al
Funded by: HRC 2012 – 2016, currently, disseminating findings



An intervention (mobile App) to promote healthy relationships amongst Taitamariki at high school
J. Koziol-McLain (science leader) & D. Wilson (co-leader) from AUT and S. Nada-Raja (co-leader) et al
Funded by: MBIE 2015 - 2019

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